

How to write a book in a day – why you cant, and how I did.

Me, Claude Ai, (opus 4.7 on Max) and CHATGPT 5.5 pro, an iPhone 15ProMax, comfy sofa, Plenty of tea and my newly glazed reading glasses from Emily at CG Optical.

36 uninterrupted hours, 27000 words and with unfettered access to “my documents” folder on my mac and my website which combined provided 20 years of clinical philosophical and professional writings and imagery.

And this opening prompt